MFT

PERSONAL FITNESS

Lesson 1

Personal Fitness: Lesson 1

- **Administrative Overview**
- **LO #1: The relationship between exercise, recovery, nutrition and optimal performance**
- **LO #2: Personal Fitness Plan (PFP) and Cadet Fitness Challenge (CFC)**
- **LO #3: Introduction to Periodization**
- **Review**

Instructor Name _____

Room # _____

Phone _____ E-mail _____

Office Hours: _____

Administrative Overview

- Complete general information in syllabus
- Required text & supplies
- Course description
- Assessments
- Grading (format and timeliness)
- Assignments
  - Daily SOP
  - Due dates:
  - Procedure for assignment turn-in if absent from class:
    - Turn-in early at my office
    - Send with classmate for on time turn-in
- Absences:
  - E-mail prior to absence with authorized reason
  - Your responsibility to obtain notes & work
  - NOGO: absence for LVE/PASS plane tickets

Grading

Evaluation	Points
Lab Reports (5 x 30 points each)	___/150
Quizzes (2 x 30 points each)	___/60
PFP	___/200
Course final exam	___/200
MFT Portfolio	___/40
Instructor evaluation	___/100
Cadet Fitness Challenge (CFC)	___/250
Course Grade	___/1000

Grading

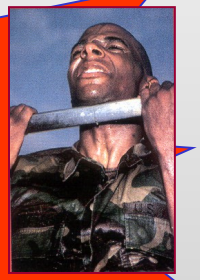
Format = portion of grade

- Computerized/typed; all pages stapled together; cover page
- Show all calculations for answers
- Answers: correctly rounded, double underline
- Footnotes page -- per documentation of written work
- If no footnotes -- type “sir, this is entirely my own work” and sign next to it

Timeliness -- affects grade

- All homework due at **beginning** of class
- Homework collection corporal alphabetizes turn-in
- Late: butt of 1 day -25%; 1 day -50%; >1 day -100%

LIFETIME OF FITNESS



USMA Pathway to Master Fitness Traine

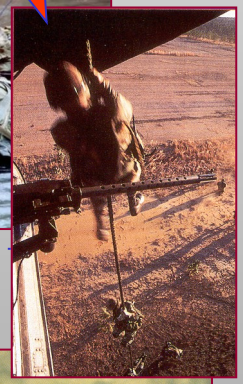
1º Unit Fitness

2º Personal Fitness

You are here

3º Wellness

4º Muscular Fitness Lab (non-graded)



Development

Application

MFT Program Prepares You…

- Identify and describe the components of wellness and health related fitness.
- Apply the functions of the human body systems to unit fitness training and personal performance.
- Assess individual fitness levels and develop a plan to assess unit fitness.
- Analyze a unit METL and prepare a unit for war with respect to physical fitness.
- Plan and conduct unit PT.
- Recognize special fitness needs and design programs within the limitations of medical profiles.

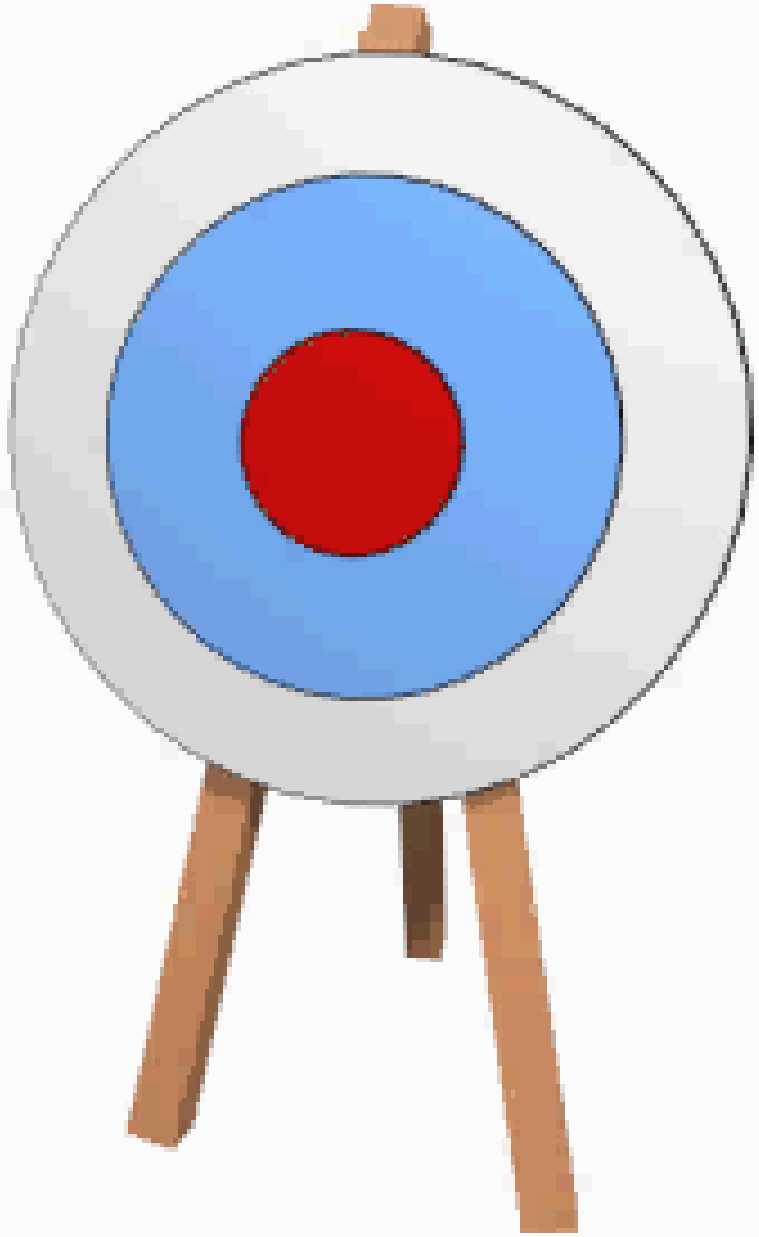
MFT Program Goal:

To inspire cadets to:

- **Achieve Master Fitness Trainer Certification (MFT)**
- **Utilize MFT skills as officers in the United States Army**

PERSONAL FITNESS…

BULLSEYE!
Leadership by example



USMA MFT Certification Requirements

6P ASI Requirements:

* Personal Fitness - score ≥ 70%

* Wellness - score ≥ 70%

* [illegible] 70%

Score ≥ 240 2º spring APFT + 1º fall APFT

(80 points each event - no modified or alternate tests)

* If less than 70% is attained, a score of 80% is required in the follow
sub-course

- Tracks your progress through MFT:
  - Wellness
  - Personal Fitness
  - Unit Fitness
  - Portfolio

- Great reference for 2LTs

- **BRING IT TO CLASS**

LO #1:
The relationship between exercise, recovery, nutrition and optimal performance

Personal Fitness Scope

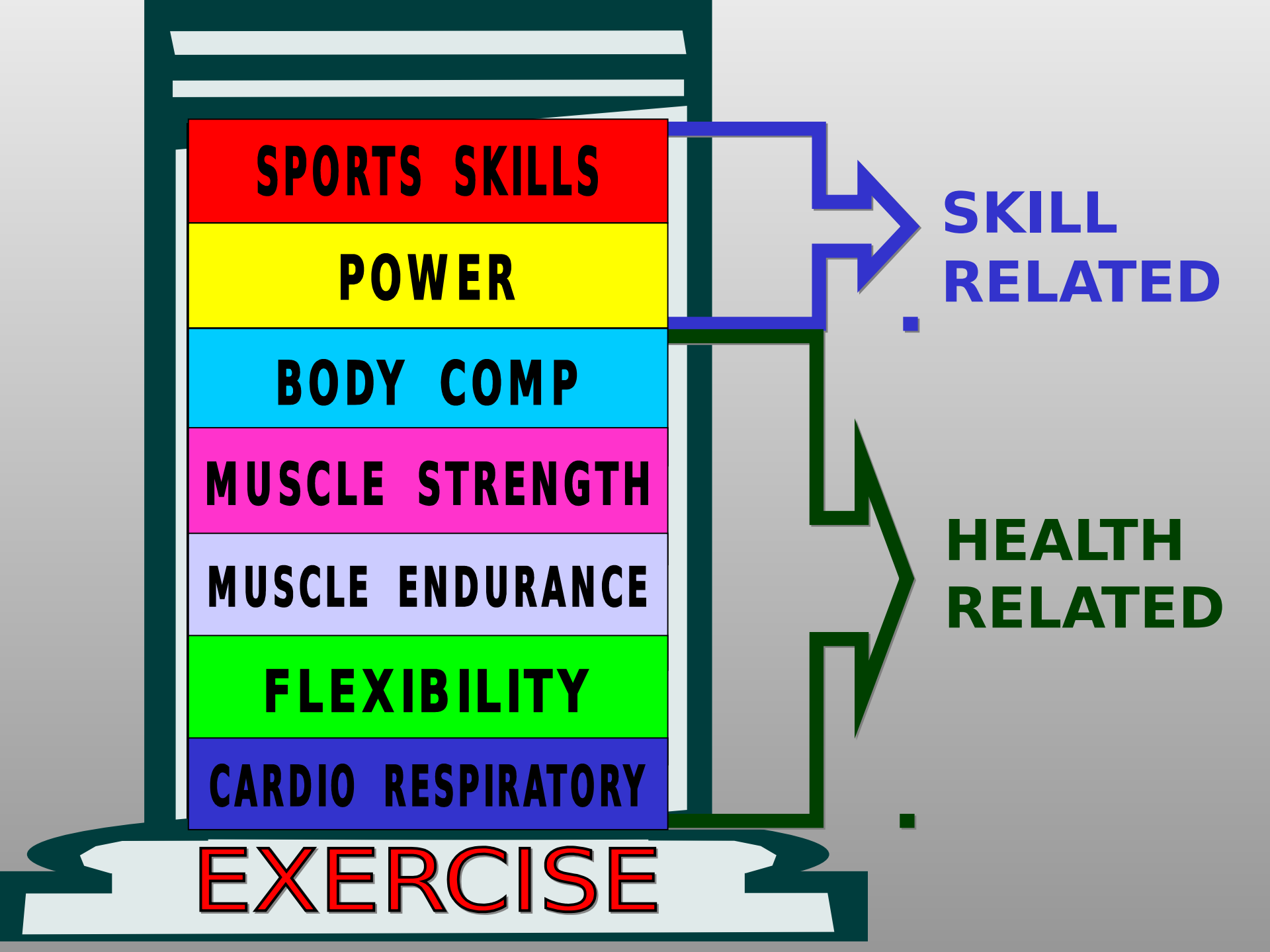
- Build upon Introduction to Wellness concepts
- Learn and apply principles required for a lifetime of personal fitness
- Emphasize the human physiology of exercise and the mechanisms by which the body adapts to and benefits from physical training

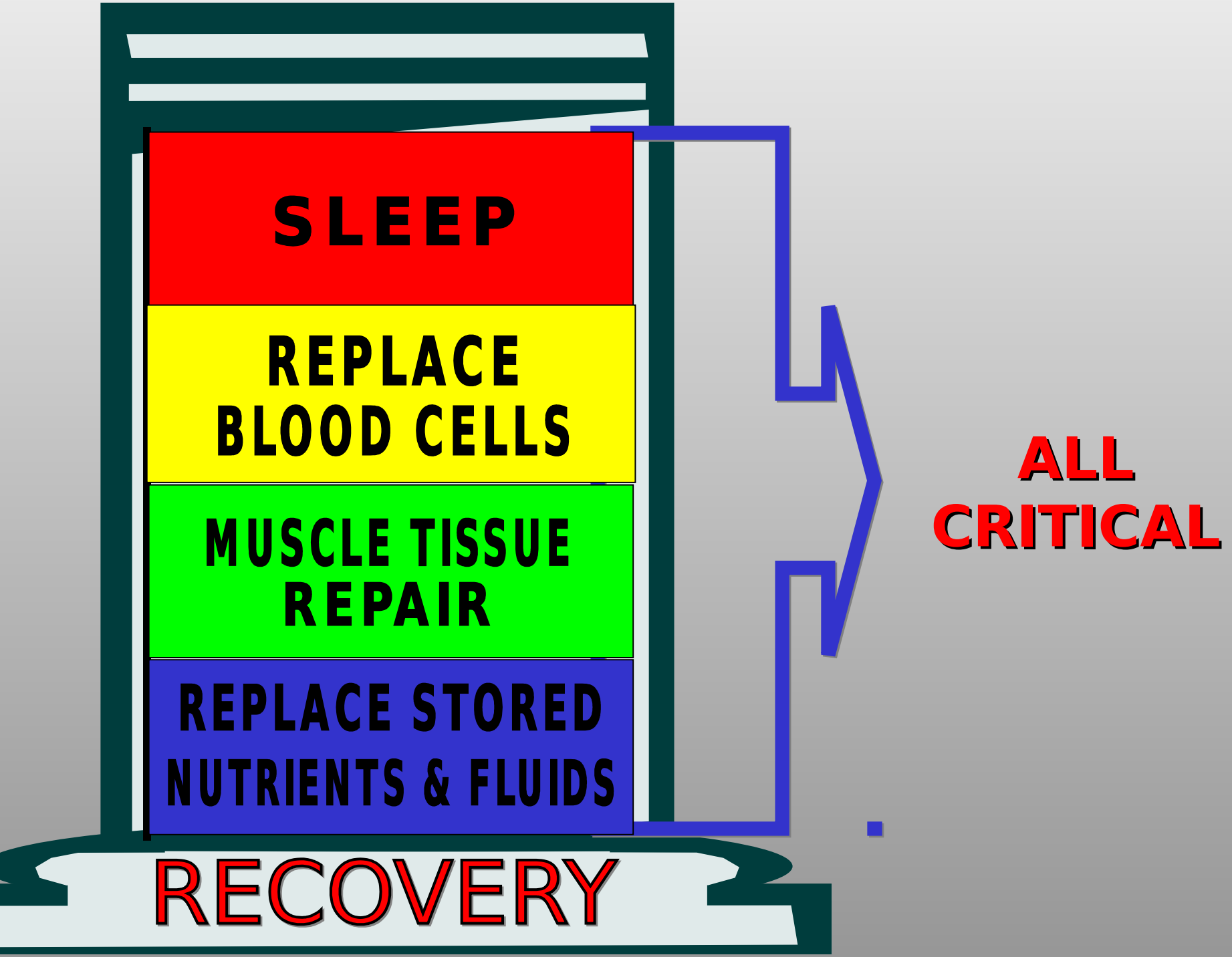
Emotional
Intellectual
Personal Wellness
PHYSICAL
Spiritual
Social

LO #1

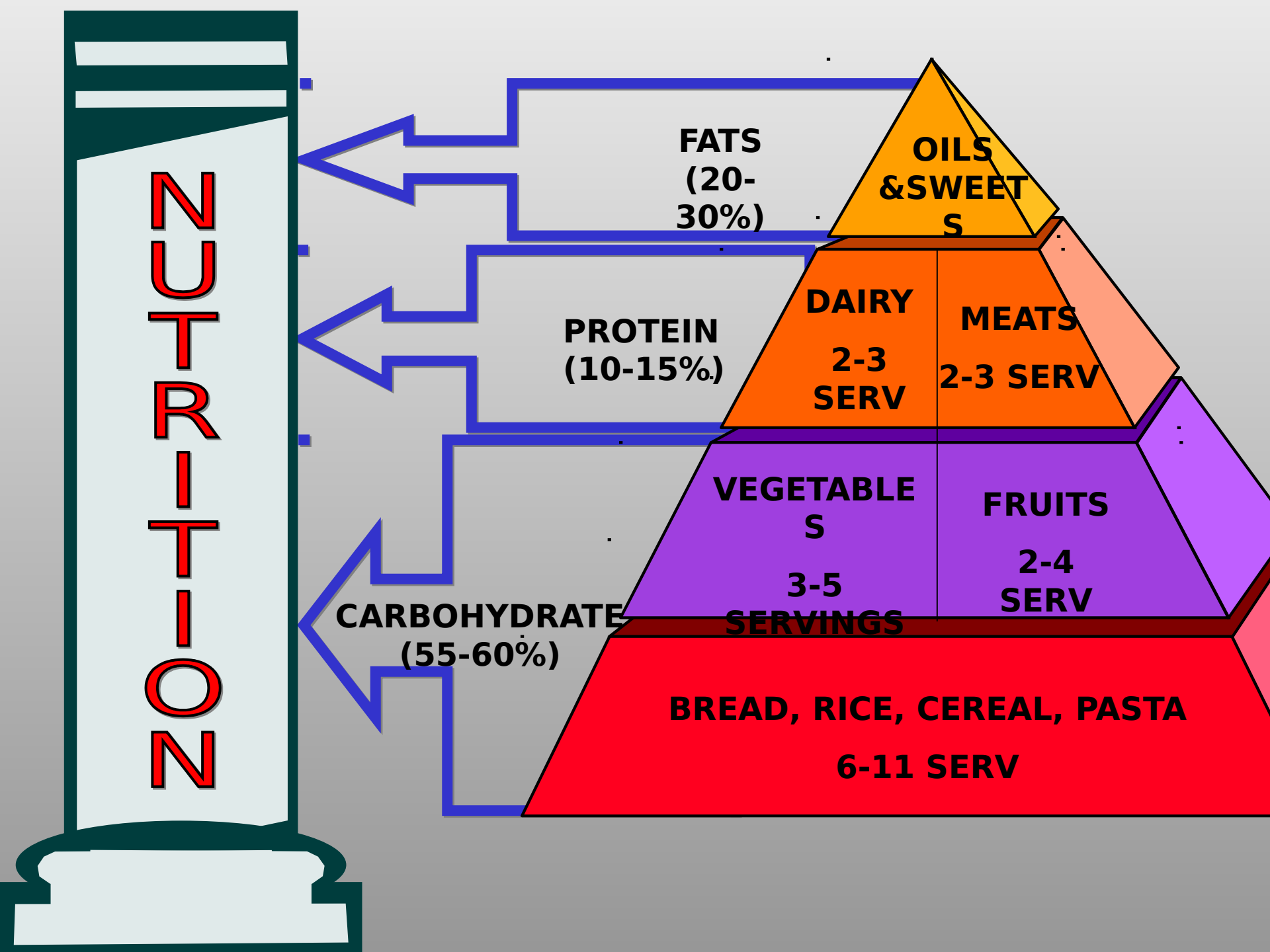
OPTIMAL PERFORMANCE

Fitness & Optimal Performance


SPORTS SKILLS
POWER
BODY COMP
MUSCLE STRENGTH
MUSCLE ENDURANCE
FLEXIBILITY
CARDIO RESPIRATORY
EXERCISE
SKILL RELATED
HEALTH RELATED


SLEEP
REPLACE BLOOD CELLS
MUSCLE TISSUE REPAIR
REPLACE STORED NUTRIENTS & FLUIDS
ALL CRITICAL
RECOVERY

NUTRITION


FATS
(20-
30%)
PROTEIN
(10-15%)
CARBOHYDRATE
(55-60%)
OILS
&SWEET
S
DAIRY
2-3
SERV
MEATS
2-3 SERV
VEGETABLE
S
3-5
SERVINGS
FRUITS
2-4
SERV
BREAD, RICE, CEREAL, PASTA
6-11 SERV

LO #2: Personal Fitness Plan (PFP) and Cadet Fitness Challenge (CFC)

Personal Fitness Plan

Definition:

A realistic flexible program of exercise adherence which incorporates the five health components of fitness, physical fitness training principles, and fit factors to accomplish quantifiable performances goals.

PFP Contents

Part 1: Mission analysis (5 pts)

Part 2: Comprehensive list of fitness objectives (10 pts)

Part 3: Assessment of fitness level (20 pts)

Part 4: Schedule of training req'ts (20 pts)

Part 5: Planned Exercises – 3 Detailed Training Weeks (50 pts)

Part 6: 52-week Training schedule (80 pts)

Part 7: Adherence plan (15 pts)

Cadet Fitness Challenge

To provide the opportunity to participate in variety of physical fitness challenges designed to assess all components of fitness and lead to the pursuit of physical development excellence

- **Menu driven**
- **Cadet administered**
  - **Honor policy**
  - **Real fitness measurement…not subjective**
- **Motivational – multiple attempts *encouraged!***
- **One semester allowed for completion**

Cadet Fitness Challenge

CARDIOVASCULAR (AEROBIC) FITNESS
- 200 points -Select one:
Lee Gate Run
6000 Meter Row
22 Minute Bike
1500 Yard Swim
River to Stony Run

CARDIOVASCULAR (HIGH INTENSITY) FITNESS - 200 points - Select one:
400 Meter Run
60-Second Row
60-Second Bike
100 Yard Swim
Indoor 300 Meter Shuttle Run

FLEXIBILITY - 200 points
Sit and Reach Flexibility Test

MUSCULAR FITNESS
UPPER BODY
(200 points)
Chest Press (100 points) &
Cadence Pull-ups (100 points)
or
Hammer Incline Press (100 points) &
Cadence Pull-ups (100 points)

LOWER BODY AND MIDSECTION
(200 points)
Hammer Independent Leg Press (100 points)
& Ankles to the Bar (100 points)
or
Nautilus Seated Duo Leg Press (100 points)
& Ankles to the Bar (100 points)

LO #3: Introduction to Periodization

Periodization

- A time management tool that incorporates all the Principles of Exercise (PROVRRBs) and training variables (FITT).
- The heart of periodization is the annual training plan.
- Set goals, plan key events and “backwards plan”.

Periodization

A strategy for arranging the pieces of the training puzzle into a pattern that systematically brings fitness to a peak at just the right points in the season while making optimal use of your limited time.

Periodization – The Simple Method

- **Step 1 – Early in the season, gradually increase the volume of training; all low or moderate intensity.**
- **Step 2 – After base fitness is established, add a few weekly harder workouts, gradually building toward competition intensity.**
- **Step 3 – Shortly before key competitions, significantly reduce volume while keeping intensity high.**

Review

- Master Fitness Trainer & Personal Fitness Overview
- Fitness & optimal performance
- Define Personal Fitness Program (PFP) and Cow Fitness Challenge (DCFC) requirements
- Understand “Periodization”